What are the types of stroke?

There are two types of stroke:

- Ischemic stroke is caused by a blood clot that blocks or plugs a blood vessel in the brain. This is the most common type; about 80% of strokes are ischemic.
- Hemorrhagic stroke is caused by a blood vessel that breaks and bleeds into the brain

Another condition that's similar to a stroke is a transient ischemic attack (TIA). It's sometimes called a "mini-stroke." TIAs happen when the blood supply to the brain is blocked for a short time. The damage to the brain cells isn't permanent, but if you have had a TIA, you are at a much higher risk of having a stroke.

Who is at risk for a stroke?

Certain factors can raise your risk of a stroke. The major risk factors include:

- **High blood pressure.** This is the primary risk factor for a stroke.
- **Diabetes.**
- **Heart diseases.** Atrial fibrillation and other heart diseases can cause blood clots that lead to stroke.
- **Smoking.** When you smoke, you damage your blood vessels and raise your blood pressure.
- **A personal or family history of stroke or TIA.**
- **Age.** Your risk of stroke increases as you g
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- **A personal or family history of stroke or TIA.**
- **Age.** Your risk of stroke increases as you get older.
- **Race and ethnicity.** African Americans have a higher risk of stroke.

There are also other factors that are linked to a higher risk of stroke, such as:

- Alcohol and illegal drug use
- Not getting enough physical activity
- High cholesterol
- Unhealthy diet
- Having obesity

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What are the symptoms of stroke?

The symptoms of stroke often happen quickly. They include:

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- Sudden confusion, trouble speaking, or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden difficulty walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

If you think that you or someone else is having a stroke, call 911 right away.

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How are strokes diagnosed?

To make a diagnosis, your health care provider will:

- Ask about your symptoms and medical history
- Do a physical exam, including a check of
    - Your mental alertness
    - Your coordination and balance
    - Any numbness or weakness in your face, arms, and legs
    - Any trouble speaking and seeing clearly
- Run some tests, which may include
    - Diagnostic imaging of the brain, such as a CT scan or MRI
    - Heart tests, which can help detect heart problems or blood clots that may have led to a stroke. Possible tests include an electrocardiogram (EKG) and an echocardiography.

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What are the treatments for stroke?

Treatments for stroke include medicines, surgery, and rehabilitation. Which treatments you get depend on the type of stroke and the stage of treatment. The different stages are:

- **Acute treatment**, to try to stop a stroke while it is happening
- **Post-stroke rehabilitation**, to overcome the disabilities caused by the stroke
- **Prevention**, to prevent a first stroke or, if you have already had one, prevent another stroke

Acute treatments for ischemic stroke are usually medicines:

- You may get tPA, (tissue plasminogen activator), a medicine to dissolve the blood clot. You can only get this medicine within 4 hours of when your symptoms started. The sooner you can get it, the better your chance of recovery.
- If you cannot get that medicine, you may get medicine that helps stop platelets from clumping together to form blood clots. Or you may get a blood thinner to keep existing clots from getting bigger.
- If you have carotid artery disease, you may also need a procedure to open your blocked carotid artery

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NATIONAL STROKE REGISTRY PROGRAMME

The ICMR-National Centre for Disease Informatics and Research (NCDIR) has initiated the National Stroke Registry Programme to facilitate and support programmes of surveillance of stroke.

The objectives of the National Stroke Registry Programme are :

1. To generate reliable data on the magnitude and incidence of stroke;
2. To know the patterns of care in patients with stroke.

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Population Based Stroke Registry (PBSR)

Population based Stroke Registries are essential to understand the burden of stroke in populations, within country variation in stroke incidence, trends in occurrence of stroke, and monitoring the interventions to reduce stroke incidence.

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Selection of PBSR Centres

The Department of Health Research Scheme on 'Multi-Disciplinary Research Units (MRUs) in medical colleges' has been supporting government medical colleges with infrastructure and building capacity so as 'To undertake research in non-communicable diseases'. The selected centres are Medical colleges that are MRUs.

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Hospital Based Stroke Registry (HBSR)

The objective of HBSR is to describe the patterns of care and treatment in patients with stroke in hospitals. HBSR collects data on persons with stroke over time who have received treatment in the respective hospital. Hospitals treating stroke patients in different parts of India can join as participating centres.

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